



# FLIP A COIN WORKOUT



**FLIP:**

**HEADS:**

**TAILS:**

**1ST**

**20 JUMPING JACKS**

**20 STANDING CRUNCHES**

**2ND**

**30 SEC JOG IN PLACE**

**20 TOE TOUCHES**

**3RD**

**10 PUSHUPS**

**20 LUNGES**

**4TH**

**15 SQUATS**

**10 SIT-UPS**

**5TH**

**25 CRUNCHES**

**30 FRONT KICKS**

**6TH**

**30 HIGH KNEES**

**30 SEC JOG IN PLACE**

**7TH**

**20 JUMPING JACKS**

**20 SIT-UPS**

**8TH**

**30 SEC JOG IN PLACE**

**20 SQUATS**

**9TH**

**10 PUSHUPS**

**15 CALVE RAISES**

**MWR TRAINER TIP: DO 3-5 ROUNDS DEPENDING ON YOUR FITNESS LEVEL**